

Providing opportunities to stay active, socially connected and independent in your local community.

@ Glandore Living Well

Join us once a month for a healthy lunch and a presentation on a range of health, lifestyle and wellbeing topics. See topics and dates below.

Time 12 Noon - 2.30PM

Cost \$10.00 or

\$7.00 if registered with My Aged Care (includes lunch)

Bookings Essential 8371 1139

Learn how to fall proof yourself

Did you know that a third of people aged over 65 experience a fall at least once a year. The good news is that many falls are preventable, so come along and learn why we fall and what steps you can take to reduce the risk of falling.

Date Monday 16 October

Bookings Essential 8371 1139

Understanding the NBN



Australia's broadband network

The National Broadband Network (nbn) is Australia's new landline phone and internet network, designed to provide access to fast and reliable phone and internet services. Our presenter from the nbn will provide information on how it will affect you and what you need to do to connect.

Date Monday 20 November

Bookings Essential 8371 1139

@ Cooinda Cultural Connections

Learn, celebrate and experience the cultural diversity of our community.

Carnivale

Join us for a celebration Italian style. Learn the art of mask making, enjoy a fashion parade and a display of Italian cultural products, food and a delicious Italian lunch.



Date Tuesday 21 November

Time 11am -2pm

Cost \$11.00

\$9.00 if registered with My Aged Care (includes lunch)

Bookings essential phone: 8375 6703

Twilight BBQ

Make the most of those extra hours of daylight and the warmer weather. Enjoy a casual and delicious BBQ dinner each Wednesday evening, bring a friend or make new ones.



Date

Every Wednesday

Commencing 18 October

Time

5pm onwards

Cost

\$11 or \$9 if registered with My Aged Care

Bookings Essential Phone 8375 6703

@ Cooinda Persian Australian Friends

Invite you to join them in a celebration.

The Baha'i Faith has been present in Australia since 1920 and our Persian Australian Friends group would like you to join them for lunch and a celebration of the 200th anniversary of the birth of Baha'u'llah, the founder of their faith. The principles underpinning their faith can be celebrated and lived by everyone in our community. They include equality of all people, the importance of a just and peaceful society, unity between people of different backgrounds and the value of everyone contributing to their community.



Date

Tuesday 24 October

Time

11.30am -2pm

Bookings essential phone: 8375 6703

Don't Miss the Bus

Enquire about our Friday bus trips, enjoy eating out a various lunch venues, scenic drives and guided tours.

Bookings Essential 8375 6703

TERM 4.

COOINDA

Neighbourhood Centre
245 Sturt Road Sturt
CALL 8375 6703

WEB marion.sa.gov.au/cooinda

GLANDORE

Community Centre
25 Naldera Street Glandore
CALL 8371 1139

WEB marion.sa.gov.au/glandore

MITCHELL PARK

Neighbourhood Centre
1 Cumbria Court Mitchell Park
CALL 8375 6804

WEB marion.sa.gov.au/mpnc

TROTT PARK

Neighbourhood Centre
34 Hessing Crescent Trott Park
CALL 8387 2074

WEB marion.sa.gov.au/tpnc

@ TPNC

Let's Do Lunch

Come along to our monthly lunch group, bring a friend or make new ones. Enjoy a delicious lunch, interesting guest speakers, theme days and entertainment.

Mandala Relaxation & Colouring

Please join us for a mindfulness session that includes a mandala colouring activity. Learn about the wellbeing benefits of mindfulness, relaxation techniques and experience the feeling of "flow" through being fully immersed in the colouring activity.



Date Thursday 12 October
Time 1pm—3pm
Cost \$11 or \$9 if Reg with My Aged Care
Bookings Essential Ph: 8387 2074

Let's Do Christmas at Trott Park

Enjoy a leisurely, fun and delicious Christmas lunch without the stress of Christmas day. Make new friends or bring along some old ones.



Date Thursday 14 December
Cost: \$23 or \$20 if Reg My Aged Care
Bookings Essential 8387 2074

@ Cooinda

Lunch with Friends

Come along to our monthly lunch and enjoy good company, guest speakers
See topics and dates below.

Bookings Essential 8375 6703 Melbourne Cup Lunch

Come along and enjoy the race that stops the nation. Bring a friend or make new ones. You may even win a prize for the most outrageous/creative hat, fascinator, bow tie or Melbourne Cup outfit.



Date Tuesday 7 November
Time 1pm—3pm
Cost \$13.00
\$10.00 if Reg with My Aged Care (includes lunch)
Bookings essential Ph: 8375 6703

Don't Get Your Tinsel in a Tangle



Relax and enjoy Christmas lunch at Cooinda. You won't get your tinsel in a tangle when you can enjoy a delicious lunch without preparation or the dishes.

Date Wednesday 13 December
Cost: \$23 or \$20 if Reg My Aged Care
Bookings Essential 8375 6703

@ Cooinda

The Good Life

Join us once a month for guest speakers on a range of topics covering wellbeing, lifestyle and health.
See topics and dates below.

Time 12 .30pm - 2.30pm

Cost \$11.00 or

\$9.00 if registered with My Aged Care (includes lunch)

Bookings Essential Ph: 8375 6703

Master your mind

Is stress affecting your day to day life? Create a toolbox of techniques to prevent and deal with unhealthy levels of stress. Mindfulness starts now. Free hearing screenings will be available .

Date Tuesday 10 October

Bookings Essential Ph: 8375 6703

Old Gold Duo

Research has indicated that when you listen to music you enjoy, your brain releases dopamine, a "feel good" neurotransmitter. Enjoy a delicious lunch and enhance your wellbeing as you enjoy live entertainment by Ron and Bill from the Old Gold Duo.

Date Tuesday 14 November

Bookings Essential Ph: 8375 6703



TERM 4.